



Guard Youth Connection

March 2005

Operation Ready Families Youth Program

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Establishing Communication

Communication can be defined as shoring of thoughts, information and intelligence. All the activities that a person performs when he wishes to convey his message to others are ways to achieve communication. The effective ways of communication are clarity and completeness of message, individual's facial expressions, eye contact and body postures.

When someone else is talking...

Be a good listener. Really pay attention to what the person is saying. Show it by looking at him or her. Don't think about

what you'll say—focus on listening.

Make sure you understand what the other person is saying. To show you understand, nod while the person is talking. After the person is done, ask questions. Use your own words to tell the other person what you think he or she said.

When it's your turn to talk...

Watch your body language. The way you stand, hold your arms, hold your body, or the look on your face, can tell people that you are angry, bored, relaxed, happy or

comfortable. Make sure your body language matches what you are saying.

Be honest. Clearly express your true feelings and opinions. But still respect the other person's right to have a different view and disagree with you. We all see things differently.

Don't be mean. We have all said hurtful things when we were angry or upset, but this only makes things worse. Express yourself, but try not to put others down or say things you will regret later.



Erin Fitzpatrick Names Newsletter

Erin Fitzpatrick, a youth of a deployed soldier in the Fresno area named our newsletter this month. She felt that the name should represent what the youth program is doing throughout the state. Youth and teens need to feel a connec-

tion within their local community as well as their connection with other youth experiencing deployments.

Erin feels that being connected with other youth helps make deployment a

little easier for her as well as her siblings.

For her effort, Erin received a \$25.00 gift certificate to Barnes and Noble. Congratulations Erin!

Operation We Care helps establish Youth Program

Throughout the state, Family Assistance Networks (FAN) have established a program for families to gather together and discuss topics that have significance to their military lives. For example, the VA Vet Centers have been instrumental in assisting families cope with the separation of their soldier from the household.

During several of these meetings, the youth coordinator has presented the state's program to families. Lorrie Miller has detailed how the National Guard is working to establish a program

for the youth of our state that do not have the services of a military installation. Mostly this lack of services is due to our vast geography. It has been stated that we are "Camp California". So it is vital that we reach as many families within our state.

If you have not had an opportunity to attend an Operation We Care meeting, please log onto the Family Readiness Website (www.calguard.ca.gov/readyfamilies/) and contact your local FAN for dates

and times.



CA Youth Brainstorm

Outstanding Youth

Each month an outstanding guard youth will be profiled. This month, we have the privilege of introducing Melissa Currier.

Hi, my name is Melissa Currier and I am a California National Guard Youth Delegate; in other words, I represent all of you with parents in the National Guard.

In August 2004, I attended the Na-

tional Guard Youth Symposium in Albuquerque, NM. During the conference I was trained in Task Management. This increased my knowledge of how to build and maintain a youth program. I also had the opportunity to network with delegates from every state and US territory. By the end of the week we had bonded. As a result, we are in touch with each other regularly by phone and e-mail. This con-

nection between fellow National Guard teens gives us support and encouragement. I will always be grateful for this experience, and I encourage every other CA National Guard youth to get involved with the program.

If you have an exceptional youth, please contact Lorrie Miller. We will feature the youth in upcoming editions.

In Our Own Words

Kids That Show and Feel It All

By: Haylee McPhetridge, CA National Guard Youth

If you have ever felt scared and alone, do not fear. You are not alone. Fear lives in all of us, but deployment does not have to be bad. It can be extremely frightening, yet exciting at the same time. You can feel the excitement when you hear from your mother or father.

My words

By: Anonymous, CA National Guard Youth

If you have a parent that is deployed, you need to be strong and remember your dreams. Also, work even harder in order to make that parent proud. Another thing to remember is that if you feel angry or sad redirect those feelings into something positive: school work, sports, anything you enjoy. You can not let yourself get down. You must stay strong so that everyone around you stays strong.



Ten Ways to Get Along with People

1. KEEP CHAINS ON YOUR TONGUE. HAVE A LOW PERSUASIVE VOICE. HOW YOU SAY IT OFTEN COUNTS MORE THAN WHAT YOU SAY.
2. MAKE PROMISES SPARINGLY AND KEEP THEM FAITHFULLY.
3. NEVER LET AN OPPORTUNITY PASS TO SAY KIND AND ENCOURAGING WORDS TO OR ABOUT SOMEBODY.
4. BE INTERESTED IN OTHERS; THEIR PURSUITS; THEIR WORK; THEIR DREAMS. LET EVERYONE YOU MEET FEEL THAT YOU REGARD THEM AS A PERSON OF IMPORTANCE
5. BE CHEERFUL AND POLITE. DON'T
6. KEEP AN OPEN MIND. DISCUSS BUT DON'T ARGUE. IT IS A MARK OF A SUPERIOR MIND TO BE ABLE TO DISAGREE WITHOUT BEING DIS-AGREEABLE.
7. LET YOUR VIRTUES SPEAK FOR THEMSELVES. DISCOURAGE GOS-SIP. REFUSE TO TALK ABOUT THE VICES OF OTHERS.. IT IS A WASTE OF TIME AND CAN BE DESTRUC-TIVE AND HARMFUL.
8. TAKE INTO CONSIDERATION THE FEELINGS OF OTHERS. WIT AND HUMOR AT THE EXPENSE OF AN-OTHER IS NEVER WORTH THE PAIN THAT MAY BE INFLICTED.
9. PAY NO ATTENTION TO ILL-NATURED REMARKS ABOUT YOU. REMEMBER, THE PERSON WHO CARRIED THE MESSAGE MAY NOT BE THE MOST ACCURATE RE-PORTER IN THE WORLD. SIMPLY LIVE SO THAT NOBODY WILL BE-LIEVE HIM/HER.
10. DO YOUR BEST AND BE PATIENT. FORGET ABOUT YOURSELF AND LET OTHERS REMEMBER. SUCCESS IS MUCH BETTER THAT WAY.

Guard Youth in Action



Happy valentine's Day



Dear Dad:



So this is how I handle

Parents' Corner

What's your Communication style?

There are three basic styles of communication:

Aggressive

When a person is being aggressive, he or she is demanding and disrespectful. The person may accuse or blame other persons. Example: "You never listen to me! All you care about is yourself!"

Passive

Passive people are basically the opposite of aggressive. A passive communicator doesn't let his or her real feelings and ideas be known. The person might be afraid of rejection or of causing trouble. Example: "You're right. I shouldn't have disagreed with you."

Assertive (the way to go!)

This is the "happy medium." Being assertive is the best way to get your needs, ideas and feelings across. An assertive communicator says how he or she feels, while still respecting another's right to have a different view. They also say what he or she wants to say without being disrespectful or mean. They also use "I" statements to keep the focus on the person's feelings, so there is no blaming or accusing. Example: "I feel hurt when you don't include me."



Be an assertive person!!

Operation Ready Families Youth Program

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Look Us Up One the Web:

www.calguard.ca.gov/readyfamilies/

Our Mission and Vision

- **Our Purpose** The Operation Ready Families mission is to assist units as they support the families of members of the California National Guard during peacetime and times of training and deployment.
- **Our Vision** A fully functioning family Chain of Concern working with a fully supportive military Chain of Command to enhance the readiness and wellness of both.
- **We Accomplish This By:** Supporting the mission of the National Guard Bureau and the California National Guard.* Promoting a strong partnership in which the family, community, and Guard members participate.* Establish a basic foundation of training and education through use of local and state resources that encourages an informed and knowledgeable Total Guard Family.